Missouri Department of Mental Health
Division of Behavioral Health

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Rick Gowdy
Division Director

Coordinated Specialty Care

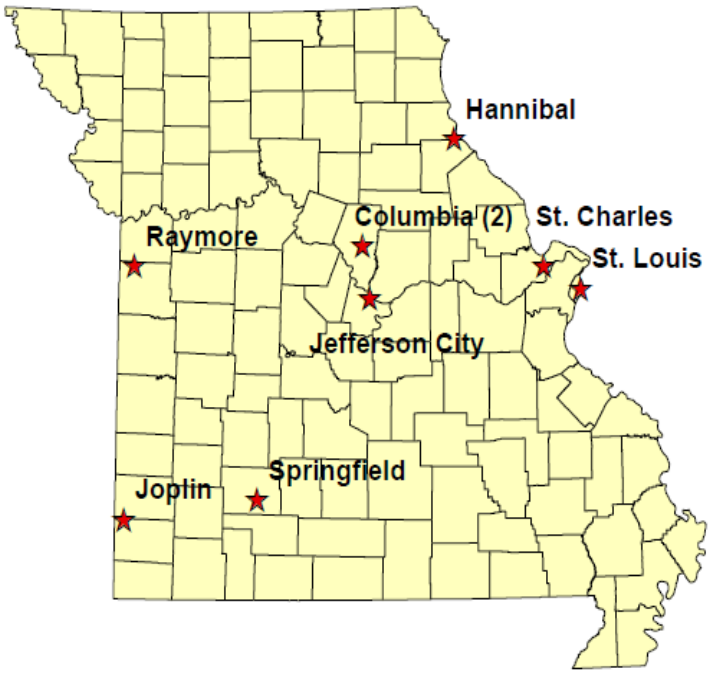
Coordinated Specialty Care (CSC) is a model of care used to treat the early onset of serious mental illness. This typically occurs between the ages of 16 and 25 years. With traditional care, early onset is often characterized by high rates of non-compliance with medication regimes and dropout from treatment. CSC differs from traditional care by employing a team of specialists to provide and coordinate services supportive of the consumer's recovery goals and needs. Core clinical services include 1) case management, 2) psychotherapy, 3) supported employment and education, 4) family education and support, and 5) pharmacotherapy and primary care coordination. Individual team members have expertise in psychiatry, psychology, nursing, social work, rehabilitation, substance use treatment, or employment. The interdisciplinary team collaborates on treatment planning and service delivery with a focus on recovery. The team works with the individual and family to find the best treatment options that address the unique needs and goals of the individual experiencing the early onset of serious mental illness. In this sense, CSC fosters a positive therapeutic alliance with the individual and family. Services are provided where they are needed (e.g. home, community, etc.) and when they are needed (24 hours a day, 7 days a week). A team leader who is an experienced clinician provides ongoing guidance and direction to the team to ensure quality care.

Programs in Missouri: The Missouri Division of Behavioral Health has nine (9) Coordinated Specialty Care (CSC) programs. These programs are also referred to Assertive Community Treatment for Transition Aged Youth (ACT-TAY) programs. Five of these programs were established through funding from the Community Mental Health Services Block Grant. The Block Grant provides specific funding for evidence-based interventions for treating the early onset of serious mental illness. In state fiscal year 2017 (July 1, 2016 through June 30, 2017), 335 youth and young adults were served in the ACT-TAY programs.

What We Know from Research:

- ➔ *A team-based approach to clinical care produces better outcomes for the treatment of the early onset of serious mental illness. These outcomes include 1) longer retention in treatment, 2) greater improvement in symptoms, 3) improved interpersonal relationships, and 4) improved quality of life.*
- ➔ *Early intervention improves outcomes. Treatment is most effective if began when mental illness symptoms first appear.*
- ➔ *Specialty care that is individualized and flexible is supportive of longer engagement in treatment and reduced symptoms (Kane, J.M. et. al., 2016).*

Coordinated Specialty Care Programs
for Transition Age Youth (Age 16 to 25)



For more information please contact the Division of Behavioral Health at (573)751-4942 or email: dbhmail@dmh.mo.gov